WHAT IS CLAIMED IS:

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- 1. A method for providing nutrition to infants comprising: administering to the infants an infant nutritional product or infant nutritional supplement having DHA in an amount of at least 10 mg per 100 kcal nutritional product or supplement and having ARA in an amount of at least about 30 mg per 100 kcal nutritional product or supplement, wherein the DHA and ARA are derived from a source that is selected from the group consisting of fish oils, single cell oils and brain lipids.
- 10 2. The method according to claim 1, wherein the nutritional product or supplement is an infant formula.
 - 3. The method according to claim 2, wherein the infant formula is nutritionally complete and comprises lipid in an amount of from about 3 g/100 kcal to about 7 g/100 kcal, protein in an amount of from about 1 g/100 kcal to about 5 g/100 kcal, and carbohydrate in an amount of from about 8 g/100 kcal to about 12 g/100 kcal.
 - 4. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of at least about 17 mg per 100 kcal nutritional product or supplement and ARA in an amount of at least about 31 mg per 100 kcal nutritional product or supplement.

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- 5. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of at least about 18.5 mg per 100 kcal nutritional product or supplement and ARA in an amount of at least about 33.6 mg per 100 kcal nutritional product or supplement.
- 6. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from 10 mg to about 50 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 30 mg to about 100 mg per 100 kcal nutritional product or supplement.
- 7. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from 10 mg to about 33 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 30 mg to about 67 mg per 100 kcal nutritional product or supplement.
- 8. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from 10 mg to about 25 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 30 mg to about 50 mg per 100 kcal nutritional product or supplement.

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- 9. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from 10 mg to about 20 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 30 mg to about 40 mg per 100 kcal nutritional product or supplement.
- 10. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from about 15 mg to about 20 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 30 mg to about 40 mg per 100 kcal nutritional product or supplement.
- 11. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from about 17 mg to about 50 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 31 mg to about 100 mg per 100 kcal nutritional product or supplement.
- 12. The method according to claim 1, wherein the infant
 20 nutritional product or infant nutritional supplement comprises DHA in an
 amount of from about 17 mg to about 33 mg per 100 kcal nutritional
 product or supplement and ARA in an amount of from about 31 mg to
 about 67 mg per 100 kcal nutritional product or supplement.

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- 13. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from about 17 mg to about 25 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 31 mg to about 50 mg per 100 kcal nutritional product or supplement.
- 14. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from about 17 mg to about 20 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 31 mg to about 40 mg per 100 kcal nutritional product or supplement.
- 15. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from about 18.5 mg to about 33 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 33.6 mg to about 67 mg per 100 kcal nutritional product or supplement.
- 16. The method according to claim 1, wherein the infant

 nutritional product or infant nutritional supplement comprises DHA in an
 amount of from about 18.5 mg to about 25 mg per 100 kcal nutritional
 product or supplement and ARA in an amount of from about 33.6 mg to
 about 50 mg per 100 kcal nutritional product or supplement.

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- 17. The method according to claim 1, wherein the infant nutritional product or infant nutritional supplement comprises DHA in an amount of from about 18.5 mg to about 20 mg per 100 kcal nutritional product or supplement and ARA in an amount of from about 33.6 mg to about 40 mg per 100 kcal nutritional product or supplement.
- 18. The method according to claim 1, wherein the DHA and ARA are derived from a source comprising fish oils.
- 19. The method according to claim 1, wherein the DHA and ARA are derived from a source comprising single cell oils.
 - 20. The method according to claim 1, wherein the DHA and ARA are derived from a source comprising brain lipids.
 - 21. The method according to claim 1, wherein the nutritional supplements are selected from the group consisting of oil drops, sachets, and vitamins.
 - 22. An infant formula comprising DHA in an amount of at least 10 mg per 100 kcal of infant formula and ARA in an amount of at least about 30 mg per 100 kcal of infant formula, wherein the DHA and ARA are derived from a source that is selected from the group consisting of fish oils, single cell oils and brain lipids.

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- 23. The infant formula according to claim 22, wherein the infant formula is nutritionally complete and comprises lipid in an amount of from about 3 g/100 kcal to about 7 g/100 kcal, protein in an amount of from about 1 g/100 kcal to about 5 g/100 kcal, and carbohydrate in an amount of from about 8 g/100 kcal to about 12 g/100 kcal.
- 24. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of at least about 17 mg per 100 kcal infant formula and ARA in an amount of at least about 31 mg per 100 kcal infant formula.
- 25. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of at least about 18.5 mg per 100 kcal infant formula and ARA in an amount of at least about 33.6 mg per 100 kcal infant formula.
- 26. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from 10 mg to about 50 mg per 100 kcal infant formula and ARA in an amount of from about 30 mg to about 100 mg per 100 kcal infant formula.
- 27. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from 10 mg to about 33 mg per

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100 kcal infant formula and ARA in an amount of from about 30 mg to about 67 mg per 100 kcal infant formula.

- 28. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from 10 mg to about 25 mg per 100 kcal infant formula and ARA in an amount of from about 30 mg to about 50 mg per 100 kcal infant formula.
- 29. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from 10 mg to about 20 mg per 100 kcal infant formula and ARA in an amount of from about 30 mg to about 40 mg per 100 kcal infant formula.
 - 30. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from about 15 mg to about 20 mg per 100 kcal infant formula and ARA in an amount of from about 30 mg to about 40 mg per 100 kcal infant formula.
- 31. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from about 17 mg to about 50 mg per 100 kcal infant formula and ARA in an amount of from about 31 mg to about 100 mg per 100 kcal infant formula.

32. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from about 17 mg to about 33 mg per 100 kcal infant formula and ARA in an amount of from about 31 mg to about 67 mg per 100 kcal infant formula.

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33. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from about 17 mg to about 25 mg per 100 kcal infant formula and ARA in an amount of from about 31 mg to about 50 mg per 100 kcal infant formula.

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34. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from about 17 mg to about 20 mg per 100 kcal infant formula and ARA in an amount of from about 31 mg to about 40 mg per 100 kcal infant formula.

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35. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from about 18.5 mg to about 33 mg per 100 kcal infant formula and ARA in an amount of from about 33.6 mg to about 67 mg per 100 kcal infant formula.

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36. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from about 18.5 mg to about 25 mg per 100 kcal infant formula and ARA in an amount of from about 33.6 mg to about 50 mg per 100 kcal infant formula.

- 37. The infant formula according to claim 22, wherein the infant formula comprises DHA in an amount of from about 18.5 mg to about 20 mg per 100 kcal infant formula and ARA in an amount of from about 33.6 mg to about 40 mg per 100 kcal infant formula.
- 38. The infant formula according to claim 22, wherein the DHA and ARA are derived from a source comprising fish oils.
- 10 39. The infant formula according to claim 22, wherein the DHA and ARA are derived from a source comprising single cell oils.
 - 40. The infant formula according to claim 22, wherein the DHA and ARA are derived from a source comprising brain lipids.